

A grayscale illustration of a large waterfall cascading over rocks into a pool of water, with mist rising from the base. The scene is set against a backdrop of mountains and trees.

# Questionnaire 2

Answer these questions off the top of your head. Do not dwell on questions, just move on and come back if you need to. There is no right or wrong answer, just how you feel.

**Please note:** I recommend you use a separate journal in which to write your answers to the questionnaires, so you can use this questionnaire numerous times without being influenced by what you have written before.

1. List three emotions that sum up how you feel about yourself as a soul.

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2. List three emotions that sum up how you feel about your life being a soul journey.

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3. Can you be objective in relation to your emotions? Why is being objective important?

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4. How do you define yourself as an individual?

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5. (a) Can you be honest with yourself?

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- (a) Do you see your own honesty as an advantage or disadvantage?

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- (c) Why?

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6. Name three people who have influenced the way you feel about yourself.  
(Negative or Positive)

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7. How do you feel about your desire for control?

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8. Who has the choice to create the life you want or have envisioned for yourself?

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9. What choices would you like to change?

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*Use the same word you used for question 10 on Questionnaire 1, page 33.*

10. How do you feel about \_\_\_\_\_?  
What have you learnt?

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*Use the same word you used for question 11 on Questionnaire 1, page 33.*

11. How do you feel about \_\_\_\_\_?  
What have you learnt?

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**When you are finished questionnaire 2 compare your answers to questionnaire 1. You may observe how your awareness and perception of yourself and life has changed, and expose yourself to more truth within your answers.**